

# POSTURE LEAGUE



ADJUSTABLE BOOK REST

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# Posture League Adjustable Book Rest

"Reading from horizontal or nearly horizontal surfaces, or from surfaces placed unduly below the natural range of vision, demands an accommodation of the eye muscles that is very fatiguing. The impeding of the circulation of the blood in the eye by bending the head over a book may lead to serious structural and functional changes resulting in near-sightedness.

"There are no worse positions for general posture than those habitually assumed for reading, whether these consist in bending over the reading surface or sliding down in the seat. The positions habitual in drawing and draughting, by their constriction of chest and abdomen, are very harmful to health. Respiration is impeded and visceroptosis encouraged with its toxic effects on the system."

--*American Posture League.*

The large percentage of defective vision and poor posture found among school children demand every possible means of relief that can be supplied

The use of this Adjustable Book Rest prevents and relieves the serious postural conditions alluded to.

This book rest is adaptable to either an inclined or flat top desk or table. It will accommodate either a book or drawing board, can be raised or lowered to meet the needs of a tall or short reader, and inclined to various angles as required for normal vision. By using the movable buttons on the front edge of the base frame, the rest will be held from sliding backward on the desk if heavily pressed upon (as in some kinds of drawing); by using one button only, either side may be turned while the other side remains at the edge of the desk, (necessary in some cases to obtain a better light). The construction is simple and not liable to get out of order.

The rest will hold a draughting board, and with a little practice the T square can be used quite as well as in bending over a flat surface. Special sizes are made adapted for the use of architects and mechanical draughtsmen on their ordinary work tables, two rests being used for this purpose (one at each end of the board) enabling the draughtsman to stand or sit at his work.

For libraries, colleges or law offices, where very thick books are in use, a special sliding adjustable front of the holder is attached to hold such volumes.

When not in use the rest may be folded and put away in the desk, occupying a space 8½ inches wide by 11 inches long and 2 inches thick.

This book rest has been endorsed by the American Posture League and bears its official label of approval.

These rests are made in various sizes, and styles, adapted to various purposes and are finished, as desired, to match school or other furniture; the metal work is finished as gun metal, or nickle-plated, oxidized or lacquered.

The retail price varies from 50 cents to \$1.50 each.

Quantity prices are quoted on statement of quantities and style required.

*A special discount is made for school systems.*

Address

THE POSTURE STANDARDS COMPANY, Inc.

30 CHURCH STREET

NEW YORK, N. Y.